

### **ABSTRACT OF THE DISCLOSURE**

An exercise device comprising an elongate, substantially upright and substantially rigid weight-bearing portion which includes a gripping portion extending across the top of the device, the weight bearing portion having an open bottom and generally lying in a first plane; a pair of feet, one at either end of the weight-bearing portion, extending outwardly to stabilize the upright weight-bearing portion without interfering with the open bottom, the feet being spaced apart to permit the positioning of a user between the feet and be clear of interference from the feet. The feet and weight-bearing portion are configured so that the mass of the device is generally balanced about said first plan.